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DAY 4 OF METRO'S LOOK AT IMMIGRATION: THE CHALLENGES AND THE REWARDS OF COMING TO CANADA PAGE 8

USE METRO AR TO WATCH A CLIP FROM THE FEATURE

Four injured in T.O. office stabbing spree

Police say employee of human resources company had been fired just before the attack PAGE 6

Boys break out of Trailer Park

Use Metro AR to watch Ricky, Julian and Bubbles sell you on their new movie, Don't Legalize It PAGE 16

New Knights ride into town

Four of London's draft picks take in an OHL playoff game and talk about their first impressions of their new home PAGE 25

NEWS WORTH SHARING.

From left, David Stanley, Kerri MacDougall, Nicole Riddell and Ashleigh Evans in the shelter for the King's University College shuttle bus. MIKE DONACHIE/METRO

Students gearing up for bus battle

King's University College. Rerouting requested by new group

MIKE DONACHIE
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These students haven't missed the bus. The bus never came, and it's not coming tomorrow, either.

Welcome to King's University College, where city buses don't go. There's only a shuttle bus that takes people to the main Western University campus, but now there's a new group of students fighting for change.

David Stanley, Kerri MacDougall, Nicole Riddell and Ashleigh Evans, all in the social work program, are in the early stages of founding a transit campaign group. They have a variety of aims, but the main one is easy: They want bus service.

"The students and faculty would support it," Stanley said. "We're not sitting on a route, but the route isn't too far away."

They've even identified the bus, saying the 1B passes near the campus and could be diverted easily. The shuttle bus doesn't run late at night, say the students, who tell stories of people running out of classes early to catch it.

The alternative? Hoof it.

"As a female, I can personally say that I don't want to be walking later at night," said Evans.

"I don't feel safe here at night," MacDougall added. "I need to get a ride, take a taxi. I don't want to walk."

And it's a "barrier to education," Riddell said, because students are discouraged from being in the library at night.

The campaigners claim they are "vulnerable" to crime and road accidents as they walk through nearby neighbourhoods to get home or to a bus stop. The students would also like to see a representative on the London Transit Commission board, like the eight student representatives who were added to city hall's advisory committees last year. They think that might encourage students to get more involved in the community.

But they don't expect to get something for nothing. They're suggesting increasing the amount students pay for bus passes, as part of their tuition fees.

First, though, the conversation has to start. "We're not the only people arguing for changes in routes, and we get that," Stanley said. "But we're identifying a number of people it's affecting here."

Quoted

"This is a destination point for thousands of people."

David Stanley, King's University College student, on why LTC service is needed on campus.

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Community activist makes it 5 in Ward 4

Sign me up. Jesse Helmer files his paperwork at city hall to run in Ward 4. MIKE DONACHIE/METRO

Council. More than 50 people in the running

Jesse Helmer is the 54th person to sign up for the Oct. 27 municipal election at London City Hall.

In 2010, there were a total of 69 candidates, so this year's early numbers suggest there's likely plenty of people determined to sit around the horseshoe in the council chamber.

Helmer filed his paperwork on Tuesday, while sitting councillors debated police funding upstairs in the corporate services committee meeting.

The day before that, James Beynen filed in Ward 1, with other recent candidates including David Collier (Ward 14), Donna Szpakowski (Ward 7) and Michael Wickett in Ward 5. Of the 14 wards, 13 have a contest. Only Coun. Paul Hubert, in Ward 8, is lacking a challenger so far.

The most popular areas seem to be Ward 4, where Stephen Orser has filed to run again, Ward 13, where Judy Bryant has said she won't run again, and Ward 14, which is being defended by Sandy White.

All three of those wards have five candidates.

MIKE DONACHIE/METRO

Candidates

Ward 4 candidates so far (Candidates must file by Sept. 12 and the election is on Oct. 27):

- Paul Peach Gray
- Jesse Helmer
- Stephen Orser
- Sheryl Rooth
- Nethaniel Youskow

Orser. Incumbent councillor criticized by challenger

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London's Ward 4 was always going to be one of the most closely followed contests in the municipal election, but it just got even more interesting.

The fifth candidate to throw his hat into the ring is community activist Jesse Helmer.

And he wasted no time in turning the spotlight on incumbent councillor and controversy magnet Stephen Orser.

"Stephen Orser needs a real challenge," Helmer said, when asked about the councillor. "He's one of the worst offenders on the council in terms of bringing the level of debate down and causing the dysfunction that we see at council.

"He definitely needs to go."

But Helmer, 33, who filed candidate papers this week at city hall, said he's running because he wants to tackle London's "pretty significant challenges" in its need to bring in jobs, have a strong economy and manage urban sprawl.

He also wants a more "collaborative" council. He knows a thing or two about working together.

Helmer founded the group Better London, which asked citizens to provide ideas about improving the city.

Now, betterlondon.ca has involved more than 4,000 people and includes almost 200 ideas. Successes include encouraging people to go green by opting out of receiving the Yellow Pages.

Helmer is also active in the Liberals at the federal and provincial level, including helping with Doug Ferguson's 2011 federal campaign in London West — Conservative Ed Holder won the seat — and volunteering with premier Kathleen Wynne's leadership campaign.

As for Orser, he said he was "absolutely pleased" that Helmer is running.

"I wish him all the best, and I'll treat him with respect," Orser said.

Ward 4

How it went in 2010:

- Stephen Orser: 3,020 votes (50.67 per cent)
- Greg Thompson: 2,195 (36.83 per cent)
- Karen Appleton: 387 (6.49 per cent)
- Gloria Lee-Jones: 358 (6.01 per cent)

Wharncliffe Road. Emergency repairs to close busy intersection

The city is advising drivers to find a way around Wharncliffe Road and Riverside Drive.

The intersection will be closed Sunday and during the Monday morning rush hour as crews make emergency repairs to a storm sewer.

Eastbound Riverside Drive traffic will be detoured north at Woodward Avenue to Oxford Street.

Westbound traffic on Riverside will only be able to turn right at the intersection. The same will be true for drivers headed north and south on Wharncliffe.

The simple solution? Avoid the intersection completely, city officials say.

METRO

Eric Church, Dwight Yoakam. Country stars coming to Budweiser Gardens

Country star Eric Church is playing London in the first leg of his The Outsiders World Tour, which launches Sept. 11.

Church will make his way to Budweiser Gardens on Nov. 13 and his bringing along some other well-known country music names, including Dwight Yoakam.

Yoakam will be the special guest at all shows with alternating opening acts for the tour's first leg including Brothers Osborne, Brandy Clark and hard rockers Halestorm.

Singer-songwriter Eric Church. GETTY IMAGES

Tickets for select markets will go on sale April 18.

METRO

Ontario Finance Minister Charles Sousa got up close and personal with students on Wednesday as he visited Princess Elizabeth Public School in London. SCOTT TAYLOR/METRO

Nurses are being hired, not fired: Sousa

London visit.
Money to spur education, health care, jobs coming in 2014-15 budget, finance minister says

Quoted

"We actually have more nurses than ever before.... The net result is that we're hiring more."
Charles Sousa, Ontario finance minister

SCOTT TAYLOR
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Ontario Finance Minister Charles Sousa's assertion that the province is hiring more nurses than ever before rang a little hollow Wednesday, almost a week after London Health Sciences Centre announced plans to cut the equivalent of 27 nursing positions by the end of the year due to a budget shortfall.

Sousa was in London to tour Princess Elizabeth Public School, where he served up grilled cheese sandwiches and read a book to students.

Addressing media afterwards, he said nurses are in more demand in Ontario than ever, even though both LHSC and St. Joseph's Hospital officials will both be downsizing this year.

"So let me correct one issue," he said when asked about nursing cuts. "We've hired more nurses, not fired more nurses.

"We actually have more nurses than ever before. Some of the things you speak of is nurses being transferred to other departments or other locations. The net result is that we're hiring more, and we need to continue to do that."

He stressed that the province needs more nurses, personal care workers and practitioners.

"What has happened is the health system and the delivery of health is also transforming," he said. "What we're trying to do is provide for more home-care services."

The provincial government requires hospitals to balance their budgets every year.

Acting president and CEO of LHSC Murray Glendining said last week $37 million had to be cut from the hospital's $1.1-billion budget but vowed patient care wouldn't be affected.

The Ontario Nurses' Association vehemently disagrees with that assessment.

Sousa said he's in the midst of finalizing the 2014-15 budget but couldn't say when exactly it will be unveiled.

Coming Together

Public invited to Healthy Schools Conference

Finance Minister Charles Sousa's school visit came as more than 400 people from across the country gathered in London to learn what it takes to build healthy schools and communities.

Teachers, health professionals, parents, students and community members are taking part in a two-day National Healthy Schools Conference, called Coming Together: Supporting the Whole Child.

It's all focused on the connection between things such as mental, physical and emotional health, and the role they play in developing and sustaining healthy school environments. The public is invited on Thursday to a session featuring Dr. Dean Kriellaars of the University of Manitoba's faculty of medicine, who will look at ways to help youths become "physically literate." The session runs from 7 to 9 p.m. at the Hilton hotel.

Upper Thames River Conservation Authority forester John Enright is part of the team preparing 600 trees that will soon be spread into the community. MIKE DONACHIE/METRO

With great tree power comes great environmental responsibility

Tree Power London. Public snaps up cut-price trees from UTRCA for planting season

MIKE DONACHIE
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It's that time of year again, and Londoners are about to get digging.

It's time to plant some trees and, for the fourth year, the Upper Thames River Conservation Authority has been providing an easy way to get hold of one.

This year, 600 cut-price trees will be collected by people with a spot to plant them. Thanks to sponsorship by London Hydro, it's been named Tree Power London.

"The first year, people were lining up at four in the morning," said Steve Sauder of UTRCA. "It was supposed to open at nine.

"The police finally told me, you've got to open up to get this process through. We were sold out and people were still arriving."

These days, the tree sale is online-only, but it's no less popular.

"It shows that Londoners are interested in trees," Sauder said. "They want to do the right thing. They want to improve energy efficiency in their homes and this is just about helping to make it happen."

There are lots of reasons to plant a tree, of course, but cutting power consumption, with the shade from a tree reducing the need for air conditioning, is a big one.

"This is really about harnessing the power of trees," Sauder added.

This year there were six varieties of tree available: ironwood, sugar maple, red maple, red oak, tulip and swamp white oak. The types vary each year, to encourage diversity in the city.

"It's timely now, too," said UTRCA forester John Enright. "A lot of people are commenting that they're losing their ash trees because of the emerald ash borer."

More info

All the trees have been sold, but some may be available due to cancellations. Check treepowerprogram.ca for full details.

- That website also includes instructions on how to plant a tree, including picking a good spot.
- The river authority is among the organizations planning an Earth Day tree-planting event at Watson Street Park, off Wellington Road near Grand Avenue, from 11 a.m. on April 27.

Graham Henning. Artist completes book sculpture at Central Library

He did it.

Artist Graham Henning has now completed his sculpture, Book Arch, on the third floor of the Central Library.

The creation, made from 78 books checked out on Henning's library card, fell down twice since it was first built last week.

But a new shape, designed this week and catching a lot of attention, has made it secure, the library said, and it's now in its finished form.

It will remain on display for about a month, until the library books used have to be returned.

MIKE DONACHIE/METRO

Rotman Lecture Series. Toronto prof to take on pharmaceutical industry

A Canadian researcher who says pharmaceutical companies are having too much influence on clinical research is coming to London for a Thursday lecture.

The talk, running from 7 to 8:30 p.m. in Room 2130 of the Western Student Services Building, is part of the university's Rotman Lecture Series.

Presenter Joel Lexchin says there's no evidence that legislation aimed at preventing pharmaceutical companies' biases is working.

Lexchin is an emergency physician at The University Health Network, a professor at York University and an associate professor at University of Toronto. METRO

Grickle Grass Festival. Indie music and art event to cater to adults, families

London's Grickle Grass Festival is gearing up for another year.

The indie music and art festival will take over the London Regional Children's Museum on May 31.

Events during the day will be aimed at children and families. Evening hours are reserved for an adults-only party featuring live music.

The music bill includes Canadian-born South African singer and songwriter Zaki Ibrahim, Halifax psychedelic pop band Walrus, London's own New Zebra Kid and others.

Tickets are $20 online until Friday. After that, they're $25 in advance and $30 at the door.

Check gricklegrassfest.ca for details. METRO

Buy a tee and help plant a tree

BizInc. Socially conscious student startup awarded much-needed funding

Every time they make a sale, they plant a tree.

It's the sort of great idea that wins prizes, and that proved true at the annual student startup event run by business development organization BizInc.

More than 40 business proposals were submitted by students in London, and the top 10 became pitches at Wednesday's Seed Your Startup event at Western's University Community Centre.

The winning company was dpms.

It's a lifestyle brand with a social conscience, with products including T-shirts, soap, necklaces and candles. And they really do plant a tree for every product sold, and everything is made locally.

The company is run by Fanshawe College graphic-design student Dan Phillips, 25, and his business partner and girlfriend Meghan Kraft, 24, who's studying animal behaviour at Western.

Both graduate in a month.

Taking the $7,000 top prize offered by BizInc had them thrilled.

"This is so crazy," said Phillips. "Our faces hurt from smiling so much. It'll help us get to the next level."

The money will be used to strengthen the company's website, hire an accountant, expand its lines and, most importantly, hire its first part-time employee.

Phillips thanked everyone who supported dpms at its stand at the Western Fair Farmers Market and praised BizInc for its support.

In second place at the startup event was sports-equipment company Kaleid Snow Gear, which won $3,000, and winning $500 for best idea was Probiotic, a treatment for gluten sensitivity. MIKE DONACHIE/METRO

More online

To find out more about dpms, visit itsdpms.com.

More to love with Morgan

London's dog lovers have a chance to meet Morgan, the world's tallest female dog, at Pet Valu stores this weekend during a pet adoption event. Find Morgan at the 425 Southdale Rd. W. store from 4 to 6 p.m. on Friday, and at 295 Highbury Ave. from 12 to 2 p.m. on Sunday. Morgan, a great Dane, comes in at about 215 pounds and is 38.6 inches tall. TORSTAR NEWS SERVICE

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Tories to Wynne: Drop the suit

Ontario's Progressive Conservatives are asking Premier Kathleen Wynne to drop a "frivolous" lawsuit they say is aimed at avoiding more embarrassing revelations in the Liberals' $1.1-billion gas-plant scandal ahead of a possible spring election.

Wynne's lawyer served PC Leader Tim Hudak, PC energy critic Lisa MacLeod and the PC party with a libel notice last Friday, demanding they retract accusations that she led the wiping of computer hard drives in the premier's office last year.

Hudak wasn't in question period Wednesday, but PC member John Yakabuski asked Wynne to halt her efforts to use "libel chill" to silence the Opposition and to prevent more details from being uncovered in the scandal.

Wynne said she filed the libel notice because Hudak was making allegations that are not based on fact, and insisted she had no role in wiping the hard drives, which happened during the transition from Dalton McGuinty's administration to hers.

"It is very important to me that as we discuss the issues in this province, that we talk about facts," Wynne told the legislature. THE CANADIAN PRESS

Julie Vriesinga

Clarification: Mirror Awards

A London hairdresser earned two awards at last weekend's Mirror Awards.

Julie Vriesinga, who works at Salon Entrenous (579 Richmond St.), was named the Canadian hairstylist of the year, the biggest award in the industry.

She also came out on top in the contemporary classic style category.

The awards are organized by Canadian Hairdresser Magazine and attract competitors from across the country.

Information was inadvertently omitted from Wednesday's edition of the paper. METRO

Man arrested after stabbing rampage at Toronto office

Attempted murder charges. Police say suspect had just been fired when he attacked, leaving four injured

Toronto police stand outside an office building in the city's north end following a multiple stabbing. Police say a suspect is in custody following the stabbing, which left at least four people injured. NATHAN DENETTE/THE CANADIAN PRESS

An employee of a human resources company stabbed his superiors while being fired at a Toronto office building, police said Wednesday.

Police said four people were injured, including one woman who has life-threatening injuries.

Chuang Li, 47, faces three counts of attempted murder and four counts of aggravated assault with a knife.

Dan Darnbrough, a Toronto police detective, said employees held the man before police arrived. A 32-year-old woman and three men between the ages of 35 and 45 were injured, he said. Three remain hospitalized.

Ceridian, a global payroll and human resources company based in Bloomington, Minnesota, said four of its employees were attacked by a "former employee." Asked if the man attacked after being fired, Ceridian released a statement that said "due to employee confidentiality guidelines, we are unable to share any additional information."

Police earlier said they were called at about 9:30 a.m. local time with reports that "a man with scissors" had entered the business and began stabbing people.

Television footage showed police putting a handcuffed man, wearing a bloodied shirt, into a police car. The man turned his head while in the backseat and said hello to a TV camera pointed at him.

The man is due in court on Thursday. Policed locked down the building's fifth floor to collect evidence.

The entire incident appeared to have rattled many working in the office complex.

"It was more stunned disbelief than anything," said Tony Bitonti, who works in the building next door, said of how the people around him were reacting to the stabbing. "It's fairly quiet, fairly tranquil around here and when something like this happens, it's weird."

THE CANADIAN PRESS

Quoted

"He was being fired and I guess then he proceeded to get involved in stabbing some of his bosses and some other employees."

Toronto police Det. Daniel Darnbrough

Wi-Fi? Why not! Vancouverites may soon enjoy free wireless web

EMILY JACKSON
Metro in Vancouver

Think these beachgoers at a packed Vancouver beach in 2013 would have been interested in free Wi-Fi? Vancouver's park board wil vote on a motion next week to determine potential locations for free public Wi-Fi. EMILY JACKSON/METRO

Wouldn't it be nice to use free Wi-Fi instead of pricey cellular data plans when posting pics on Instagram of the sun setting over the beach?

Vancouver's park board figures residents and tourists would appreciate the option, and it will vote on a motion next week asking staff to determine potential locations for free public Wi-Fi, the cost of such a program and a timeline for implementing the service, Commissioner Trevor Loke announced Wednesday.

The city has been mulling free public Wi-Fi since at least 2005 — it's already in place at city hall and at the public library — and council passed a digital strategy last year promising to make Internet access a reality by 2016.

But Loke wants to get the ball rolling on the plan to ensure the park board has a say in what places get Wi-Fi — suggestions so far have focused on busy downtown shopping strips.

"We want to make sure that park spaces are a priority within the digital strategy," Loke said.

The park board will prioritize Internet access in spaces with high residential density and appeal for tourists.

It's not clear how much Wi-Fi infrastructure will cost, but the city is considering partnerships with local providers. The entire digital strategy was budgeted at $30 million between 2013 and 2017.

Quebec City, Denver, Co., and Auckland, New Zealand, already provide free public Wi-Fi.

High steaks. Calgary police beefing up efforts to corral meat thieves

Police say a man accused in a dangerous high-speed drive through Calgary, speeding the wrong way down one-way streets before crashing into a fence, may be involved in a meat-theft ring.

Police investigators say supermarket meat is a prime target for thieves, and a sophisticated crime ring is being fuelled by rising food costs.

It's enough of a problem that police have a dedicated unit working to stop the trend.

Const. Lara Sampson says the stolen food is often exchanged for as little as 30 cents on the dollar, or for drugs, and some ends up in restaurants.

"We have them being sold out of the back of vehicles, we have them kept in dirty old garages," Sampson said. "It is very common in Calgary right now."

Gary Neil Firth, 49, faces numerous charges.

THE CANADIAN PRESS/GLOBAL CALGARY

New York

Paralyzed worker sues rail company for $100 million

A railroad mechanic paralyzed in a deadly New York derailment says he forgives the man driving the train.

Samuel Rivera praised Metro-North Railroad on Wednesday as he announced a $100-million lawsuit against it.

Rivera spoke from a rehabilitation centre north of New York City. He has no movement of his legs and very little in his arms.

Four people were killed and more than 70 injured in the Dec. 1 derailment in the Bronx. Rivera is calling for legislation mandating seat belts on public transportation. THE ASSOCIATED PRESS

Scans show details of mummy's body

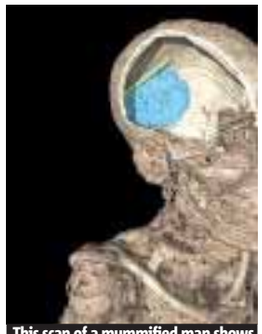
British Museum.
Scientists 'thrilled' to discover embalming tools in mummy's skull

Our fascination with mummies never gets old. The British Museum is using the latest technology to unwrap their ancient mysteries.

Scientists at the museum have used CT scans and sophisticated imaging software to go beneath the bandages, revealing skin, bones, preserved internal organs — and in one case a brain-scooping rod left inside a skull by embalmers.

The findings go on display next month in an exhibition that sets eight of the museum's mummies with detailed images of their insides and 3D printed replicas of some items buried with them.

Director Neil MacGregor said 6.8 million people visited the London institution last year, "and every one asked one of my colleagues, 'Where are the mummies?'"



This scan of a mummified man shows the remains of the brain and a tool.
THE BRITISH MUSEUM/THE AMERICAN PRESS

The museum has been X-raying its mummies since the 1960s, but modern CT scanners give a vastly sharper image.

Just like live patients, the mummies chosen for the exhibition were scanned at London hospitals — though they were wheeled in after hours. The museum's scientists were thrilled to discover a spatula-like probe still inside one man's skull, along with a blob of brain.

"The tool at the back of the skull was quite a revelation, because embalmers' tools are something that we don't know much about," said John Taylor, museum mummy expert.

Another mummy, a woman who lived in Sudan around 700 A.D., was a Christian with a tattoo of the Archangel Michael's name on her inner thigh.

The star of the show is Tamut, a temple singer from a family of high-ranking priests who died around 900 B.C.

Her brightly decorated casket has never been opened, but the scans have revealed her well-preserved body, her face and short-cropped hair.

"Come back in another five years and you will hear Tamut sing," MacGregor said.
THE ASSOCIATED PRESS

Scan this photo with your Metro News app to see a photo gallery of Prince George's royal tour of New Zealand.

Plunket's princely play date

Britain's Kate, the Duchess of Cambridge, holds Prince George, left, during a visit to Plunket nurse and parents group on Wednesday at Government House in Wellington, New Zealand. Plunket is a not-for-profit organization providing care for children and families. MARTY MELVILLE/THE ASSOCIATED PRESS

Airport scare

Man found with loaded handgun

A Virginia man was arrested at Baltimore-Washington International Thurgood Marshall Airport after a loaded handgun was found in his bag at a security checkpoint.

Maryland Transportation Authority Police say 36-year-old Ryan Watson of Stafford, Va., was charged.
THE ASSOCIATED PRESS

Infertility

Italian court lifts ban on donations

Italy's constitutional court has struck down a ban on egg or sperm donation for infertile couples.

Health Minister Beatrice Lorenzin, saying the law had effectively been "gutted," called on Parliament to revise legislation.

The law conservative reflects the influence on lawmakers by the Vatican, whose teaching forbids artificial procreation.
THE ASSOCIATED PRESS

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Good times, hard times

Coming to Canada is a challenge for anybody. Sometimes it goes well, and sometimes it doesn't. We talk to two people at different ends of the scale.

See that symbol? It means you can scan this image with your Metro News app to see a video clip featuring more immigrants who've made Canada home.

Priscilla Bunke, originally from Nigeria, lived in Germany for 11 years before moving to Canada. She's now a successful specialist in securities and derivatives regulatory law, as well as the energy and oil industries. CONTRIBUTED

Jamie Martinez moved to Canada from Colombia in January 2008. He spent years working as a labourer in Canada and has been forced to tap into the welfare system. MIKE DONACHIE/METRO

A truly Canadian quiz

The Canadian citizenship test was altered in 2010 to make it a little more difficult.

Since then, applicants have been required to answer 15 of 20 questions correctly, whereas previously they passed with 12 out of 20 correct responses — as long as they gave the right answer to certain mandatory questions.

The problem was those mandatory questions were always the same, making the test easy to beat by paying for the answers beforehand. (And, it's been proven that really was happening).

About 96 per cent of those taking the test before 2010 passed. The new formula has lowered the pass rate to 80 per cent or so.

Citizenship and Immigration Canada (CIC) sends all applicants a study guide as soon as the paperwork is received.

"The best way to succeed at the citizenship test is to study Discover Canada," said a CIC official. "We encourage people to begin studying as soon as they apply for citizenship and receive their study guide."

As well, an online language test must be taken and passed before anything else happens.

SCOTT TAYLOR/METRO

On the web

Can you pass? Give our practice citizenship test a try at metronews.ca

The Story of Us
Immigration to Canada

MIKE DONACHIE
mike.donachie@metronews.ca

Priscilla Bunke has come a long way, in more ways than one.

Her route to Canada was via Germany, where she spent 11 years. She then worked through a process of re-qualifying as a lawyer in Alberta, completing that in May 2012.

It's been 18 years since Bunke left her native Nigeria, and she's now a successful specialist in securities and derivatives regulatory law, as well as the energy and oil industries, with Dentons law firm in Calgary.

If that sounds impressive, it's because it is.

"It wasn't easy," she said. "But many people come here and succeed."

She's done a lot of work in the last 11 years, including 12 exams just to re-qualify in Canada.

"I wouldn't lie," said Bunke, 45, who has a 14-year-old son and an 11-year-old daughter. "Life is very good now. I'm very happy now. But it was tough."

She said working in Germany — where she completed a master's degree and worked as a corporate counsel for an insurance company — was tougher, mainly due to the language barrier.

In Canada, Bunke was able to find work quickly, spending three years as a legal researcher while she re-qualified.

But adjusting to Canada after she arrived in July 2007 brought its own challenges.

There's a greater emphasis on networking, she explained, and the lessons come thick and fast.

"What I've realized here is that if you are open to learning, then people are really, really kind and ready to help," Bunke said, adding that she values the Canadian mentors who offered their time.

"I've been very fortunate and blessed to meet people who have been amazing."

It's been a tough few years for Jamie Martinez.

Now 54, he came to Canada from Colombia in January 2008.

"My original background is mechanical engineering," Martinez said. "But I worked for Goodyear in Colombia for 17 years in human resources. I wanted to do something the same when I came to Canada, but I couldn't."

First, there was a language barrier.

Two ESL courses helped with that, but even applying for jobs was a problem, so there followed lessons in creating a resumé and looking for work.

Martinez spent years being offered only labourer jobs, and he's also been forced to tap into the welfare system. But he stayed determined to work in administration, in a similar job to the one he had in Colombia.

It took three years before he landed an office job, and he says his experience isn't rare — even the large numbers of university-educated immigrants face a steep climb, he said.

Martinez, who is in the country on a work visa and still trying, after six years, to get permanent resident status, says he's committed to Canada.

Nowadays, he works as executive director of the Latino Canadian Community Corporation in London, and is a leading light in the London Multicultural Club.

"Canada is amazing," he said.

"We love Canada. It's so family-oriented."

But he called on employers to be more open to newcomers, whose status is easily signalled with a SIN card number that starts with "9."

"We don't get real help to get a job," he said about immigrants.

"We need more help to overcome all the problems we have."

MIKE DONACHIE/METRO

Follow Mike Donachie on Twitter @Mike_Donachie

Quoted

"We need more help to overcome all the problems we have."

Jamie Martinez

Getting their start elsewhere

Plenty of immigrants come to Canada and wind up being household names. You may be surprised at how many well-known Canucks didn't actually get a start in the True North strong and free. Here's a look:

Steve Nash
GETTY IMAGES

Steve Nash is considered the best NBA player ever to spend most of his life in Canada. Currently a member of the Los Angeles Lakers, he was named the NBA's most valuable player in both 2006 and 2007. He grew up in Victoria, B.C. He was born in Johannesburg, South Africa.

Ernie Coombs
GETTY IMAGES

Ernie Coombs was a children's entertainer who starred in the Canadian television series, Mr. Dressup. He became a Canadian citizen in 1994. He and his family lived in Pickering, Ont. He was born in Lewiston, Maine.

Brendan Fraser
GETTY IMAGES

Brendan Fraser, son of Canadian parents, is a movie and stage actor who portrayed Rick O'Connell in the three-part Mummy series. He is also known for other comedic and fantasy-film leading roles in major Hollywood movies. He was born in Indianapolis, Ind.

METRO

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Graphic photo causes stir at Pistorius trial

Oscar Pistorius leaves the high court in Pretoria, South Africa, Wednesday.
THEMBA HADEBE/THE ASSOCIATED PRESS

Prosecutor takes aggressive line.
Accused Olympian refuses to look at image of slain girlfriend's bloodied head

Oscar Pistorius refused to look at a photo of his dead girlfriend's bloody head wounds while testifying at his murder trial Wednesday as the prosecutor urged the star athlete to "take responsibility" for killing her.

"It's time that you look at it," chief prosecutor Gerrie Nel said, setting the stage for a rigorous first day of cross-examination of Pistorius, the double-amputee Olympian charged with premeditated murder for shooting Reeva Steenkamp three times through a toilet door at his home.

"I remember," Pistorius said of Steenkamp's bloodied head, becoming distraught and then crying as he turned away from the gruesome image of the injuries he inflicted that were displayed next to him in a packed courtroom in South Africa's capital.

The showing of the photograph on TV screens in the courtroom caused gasps among spectators, who included Steenkamp's mother, June.

"I will not look at a picture where I'm tormented by what I saw and felt that night," Pistorius said. "As I picked Reeva up, my fingers touched her head. I remember. I don't have to look at a picture, I was there."

Pistorius, 27, says he shot Steenkamp in the pre-dawn hours on Valentine's Day — in the head, arm and hip — by mistake, thinking she was a dangerous intruder behind the door in his bathroom about to come out and attack him. Prosecutors charge he killed the 29-year-old intentionally.
THE ASSOCIATED PRESS

'Cuban Twitter.' Havana probes leak of half-million cellphone numbers

Cuba's government said Wednesday it has launched a probe into how hundreds of thousands of customer cellphone numbers fell into the hands of a U.S. government program that used them to secretly set up a mobile-based, Twitter-like social network on the island.

An Associated Press investigation revealed last week that the U.S. Agency for International Development (USAID) program used the data to build a subscriber base for the platform, dubbed ZunZuneo, with the idea that it could be used to stir unrest.

Cuba considers such USAID programs to be subversive attempts to topple its Communist-run government. Officials told reporters that state telecom Etecsa had not provided the data to any international operator or entity, and that the information was obtained illegally.

Washington officials have defended the ZunZuneo program as consistent with U.S. law and described it as "discreet," rather than covert or classified. THE ASSOCIATED PRESS

Pakistan

Attempted murder case against baby prompts outcry

A nine-month-old Pakistani boy has been swept up in an attempted murder investigation that highlights the country's dysfunctional criminal justice system where even children are not immune from questionable legal decisions.

The toddler was brought to court last Friday as part of an investigation relating to an incident where residents in his neighbourhood clashed with police. He was granted bail by a judge.

The Jan. 31 altercation sparked police to open an attempted murder investigation into 30 people, including the father of the toddler and his unnamed son, said police officer Atif Zulfiqar, who is in charge of the area. THE ASSOCIATED PRESS

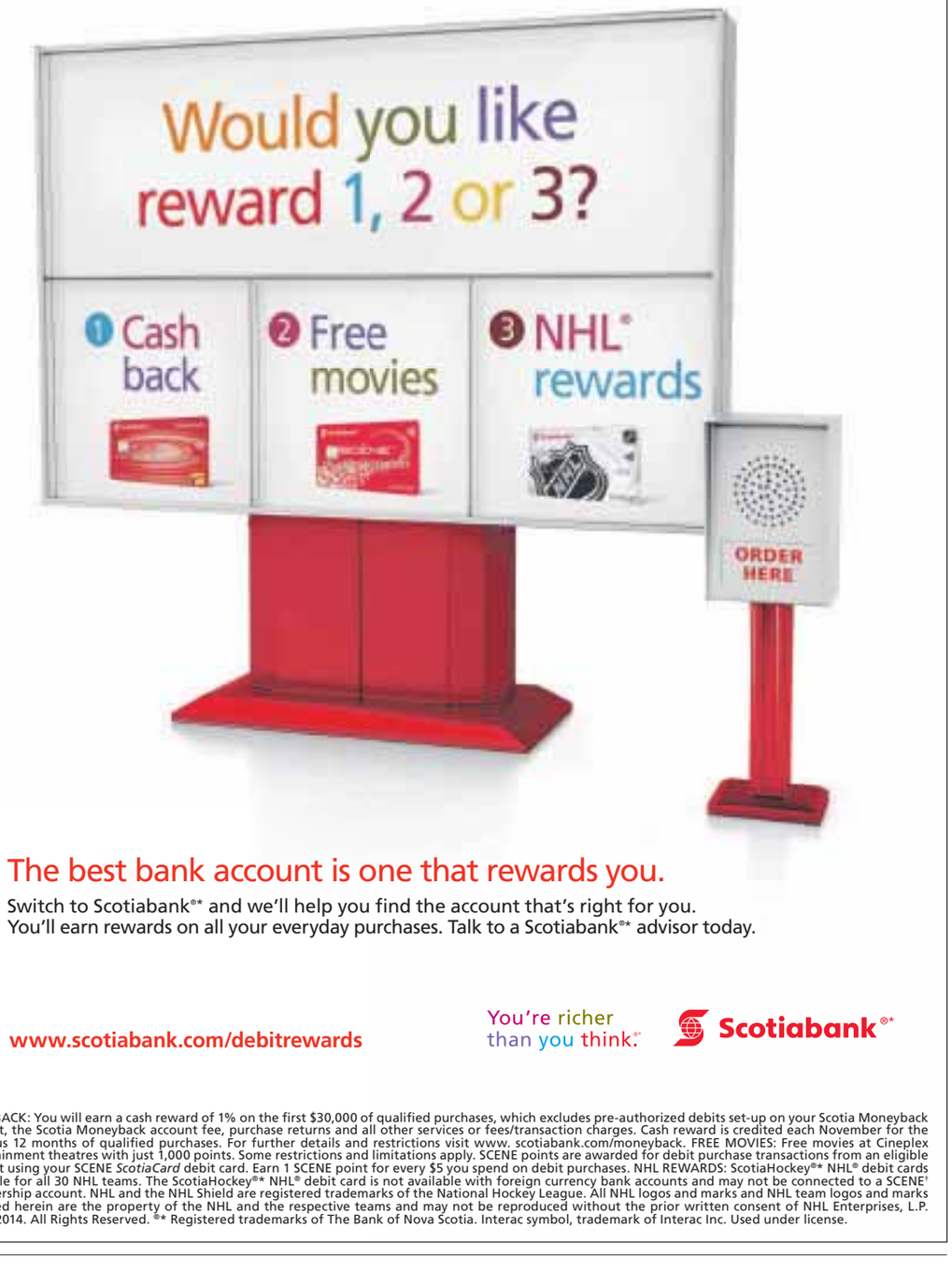
Wounded by trains

Honduran migrants ask Mexico to allow free passage

About a dozen Honduran migrants who lost legs and arms after falling from trains during northbound journeys across Mexico asked the country's Senate on Tuesday to stop the government's persecution of Central Americans, protect them from criminal gangs and contribute money to shelters for their care.

The migrants say that drug gang members and other criminals frequently beat, stab or push them from moving trains during their journeys through Mexico to the United States.

The migrants expressed hope that Mexico would agree to allow them transit visas or free passage without documents to cross the country on their way to the U.S. border.
THE ASSOCIATED PRESS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‘Heartbleed’ bug causes major heartburn for CRA

Canada Revenue Agency. If you haven’t filed your taxes you won’t be able to until at least the weekend due to computer bug

The Canada Revenue Agency headquarters in Ottawa is shown on Friday. The ‘Heartbleed’ bug forced the tax agency to suspend its online filing services Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

With tax-return season in full swing, the Canada Revenue Agency suddenly locked down its online filing services on Wednesday, fearful of a new vulnerability in software used by much of the world to safeguard secure websites on the Internet.

All of the federal government’s online systems were under review after word of the so-called “Heartbleed” computer bug prompted the tax agency to pull the plug on its electronic services as a precaution.

“As a preventative measure, the CRA has temporarily shut down public access to our online services to safeguard the integrity of the information we hold,” the agency said in a statement.

The shutdown came after the Canadian Cyber Incident Response Centre (CCIRC) issued a warning to system administrators about the coding flaw. It recommended that system operators unable to plug in an immediate fix get off the grid.

Other federal systems were also being assessed for their vulnerability to the threat, said Antoine Ouellon, a spokesperson for Shared Services Canada, the federal agency that oversees the government’s IT infrastructure.

THE CANADIAN PRESS

Heart-stopping oversight

Bug went undetected for two years

A confounding computer bug called “Heartbleed” is causing major security headaches across the Internet as websites scramble to fix the problem and Web surfers wonder whether they should change their passwords to prevent theft of their email accounts, credit card numbers and other sensitive information.

Security researchers who uncovered the threat are particularly worried about the lapse because it went undetected for more than two years.

THE ASSOCIATED PRESS

Make it so. Around the world in 20 (flying) days via souped-up solar plane

A Swiss team planning to complete the first round-the-world solar flight next year unveiled a new version of their unique aircraft Wednesday, which they say could remain in the air indefinitely.

Pilots Bertrand Piccard and André Borschberg said the Solar Impulse 2 improves upon the single-seater prototype that first took flight five years ago, and which has since demonstrated that a solar-powered plane can fly through the night, between two continents and across the United States.

The updated plane, presented to the world at the Payerne Air Force Base in Switzerland, has better batteries for storing energy soaked up from the sun by the 7,200 solar cells that cover its massive wings.

At 236 feet, its wingspan is eight metres longer than the first prototype — longer even than the wings of a Boeing 747 jumbo jet — but still only weights 2.54 tons, about as much as a large car.

THE ASSOCIATED PRESS

Market Minute

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GIVE UP YOUR SUMMER JOB SEARCH

HE SAYS

John Mazerolle
metronews.ca

Now that summer break has arrived for you university and college students, it's time to decide what your dream job is, because you'll be thinking about it a lot while you rot in some summer-job cesspool.

That's probably hard to hear after eight difficult months of alcoholism and plagiarism, but it's the truth, as cold and hard as the nickels you'll be stealing from the tip jar.

One of the only guaranteed jobs out there this time of year is writing tips for people looking for summer jobs (ka-ching!), and in my experience most articles like this one are far too optimistic, even naive.

They're all about networking and gumption and stick-to-it-iveness (formerly known as perseverance). Just put yourself out there and good things will happen, the advice goes. Lies, I say.

It harkens back to my parents' youth in New Brunswick, where job seekers simply grabbed the 'help wanted' sign in the window and handed it to the boss, who was so impressed by an N.B.er with basic literacy skills and opposable thumbs that the new hire was well on their way to becoming Senior Vice-President of 'Help Wanted' Sign Distribution. Or so I've been told.

But when I was playing this game 15 years ago, it was pretty painful. Mostly it involved looking at recipe cards tacked to a corkboard at a youth employment centre and praying that "pay negotiable" meant six figures or seven figures.

I'm ignorant of today's job market — no doubt it involves e-recipe cards robo-tacked to a World Wide Corkboard — but since the media has dubbed today's youth demographic "generation screwed" I'm going to assume things aren't super.

From what I've heard, the modern job seeker requires three call-back interviews, including one in front of a board of directors, just to apprentice for the guy who fetches the coffee, and even then it's an unpaid internship until you're 34.

It's pretty much hopeless. But I'm legally obligated to provide a few tips, so:

- It's not what you do, it's who you do.
- Crack the so-called hidden job market by surfing to the Canada Job Bank and typing up up down down left right left right B A.
- BuzzFeed's Which Career Should You REALLY Have? is pretty much can't-miss.

But the biggest advice I would give anyone looking for a summer job is: Avoid it if you can.

I'm not even kidding. If you can avoid it at all — either because you're spoiled or you're cheap — then do it. Working in between school years makes the whole summer seem like life's longest Sunday, melancholy and muted even when it's nice out.

I know that supposedly makes me irresponsible then and now, but, trust me, you will not look back and say, "I wish I'd joined the workforce sooner."

Instead, inform your friends that you're looking to travel or party or vegetate and that they should join you. 'Help wanted,' in other words.

ZOOM

It's rather en-lightning

COURTESY CRAIG ECCLES/SOLENT NEWS & PHOTO

Electrical storms get oohs and ahhs

A thrill-seeking storm chaser captured the precise moment these giant lightning bolts lit up dark skies in a series of incredible storms.

Craig Eccles, a photographer from Perth, Western Australia, travels up to 500 kilometres in anticipation of a powerful storm – all for the sake of capturing that ferocious majesty on camera.

METRO

Photog's viewpoint

"I have seen lightning bolts stretch for miles across the sky. For me, it's not all about the lightning bolt — sometimes it's about being in pitch black and in a split second, it appears as day."

Craig Eccles, photographer from Perth, Western Australia

How and when?

- Electrical potential builds up inside clouds, between water droplets with either a positive and negative charge. This potential is discharged in the form of lightning
- The frequency of flashes worldwide is about 50 times per second (that's 4.3 million times a day).

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MetroTube

One cat not a fan

ANDREW FIFIELD
metronews.ca

Much of the feisty behaviour we find so amusing about cats can be attributed to their displeasure for treading on their turf or ignoring their critically important needs.

"You think you can ignore my hunger at 5 a.m.? My raking at this blanket begs to differ."

This cat goes from fuzzy guitar groupie to feisty heckler based on a similar complaint. "Listen, Duane Allman. I'm in charge of licks around here."

Luckily, lame puns and their accompanying groans are for humans only. Or I'd be in a lot of trouble with my cat today.

FLICKR

metro

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MICHAEL JUNG/SHUTTERSTOCK

LEAVE A LASTING IMPRESSION

You have just seven seconds to make a first impression. And a ready smile, neat and appropriate attire, and fresh breath, especially, are all part of making a good one.

On the other hand, bad breath (as well as being grouchy, wearing ill-fitting clothing, and playing with your hair or moustache) leaves a lasting bad impression.

Here are times when good oral hygiene and body care are especially important.

THE COCKTAIL PARTY: There is no way around close contact at a social gathering. You are rubbing shoulders with strangers, having quick conversations with old friends, and spotting people across the room that you would really like to meet.

A JOB INTERVIEW: Problems like bad breath can definitely spoil your chances in an important job interview. There is going to be a handshake and a discussion, perhaps in close vicinity.

A FIRST DATE: Meeting a potential partner for the first time is stressful as it is. You don't want to worry about your breath. And you certainly don't want to find out that this person takes your breath away — in a bad way.

KARAOKE: Sharing a stage puts you in very close quarters with another person, and if you are belting out a song together into one microphone, yikes.

** Crest Complete toothpaste fights cavities. To ensure this product is right for you, always read and follow the label.*

THE AIRPORT: Whether you are arriving at the airport yourself or you are picking someone up, there are going to be hugs and kisses with all the greetings.

DINNER PARTY: Getting together around a dinner table is what you do to have fun, and you can count on lots of hugs and kisses at the beginning and end.

VLADIMIR GJORGIEV/SHUTTERSTOCK

BAD BREATH CAN BE A BUMMER

Research has shown halitosis is a confidence killer, and can make a person super sensitive about breath problems.

The sooner you determine if you have a problem, the sooner you can do something about it.

To find out:

- Cover your mouth and nose with your hand, and exhale. Now breathe in through your nose. Does the air smell bad?
- Watch how people react when you talk. Do they stand at a distance, or act a little odd after you speak?
- If your partner starts to avoid kissing you on the mouth, there may be an issue. But it may be their breath, too.

What to do? Improve your oral hygiene by brushing your teeth, flossing, and using a dental mouthwash, regularly. Talk to your dentist about your concerns, and be sure to always carry mints and mouthwash, too.

REFRESHING TIPS FOR MEANINGFUL RELATIONSHIPS

You have been thinking about this moment for a while. Now the lights are low, the two of you are alone, love is definitely in the air. You lean in, close your eyes and purse your lips for that first kiss — and wait and wait.

OMG. Your date has recoiled. Was it your breath?

Bad breath is actually one of society's oldest and most troublesome social problems. Called halitosis, it can be caused by different factors, including poor oral hygiene, strong smelling foods such as fish, onion, garlic, and even coffee, smoking, and dental and health problems. It is the third most frequent reason — after cavities and periodontal disease — that people see their dentist.

Often, a relationship problem has spurred on the visit. Since sense of smell is so closely linked to your emotions, sweet smelling breath has everything to do with love, kissing and connecting — or not connecting.

SINGLE — AND NOT LOVING IT

Bad breath is often referred to as a social life killer. In fact, in research, sufferers say it ruins their life.

Not surprisingly, single people with bad breath often have problems dating, and getting married. Furthermore, they are so anxious about their breath in social settings that they avoid face-to-face encounters and can become loners — and lonely.

Thirty-four per cent of survey participants with halitosis said their bad breath made them hesitant to speak to others.

SANTIAGO CORNEJO/SHUTTERSTOCK

If you are starting to date someone you really like who has bad breath, try some subtle hints such as eating mints after dinner, avoiding strong smelling foods, and even talking about your own oral hygiene habits.

MARRIED — AND NOT LOVING IT EITHER

In research, sufferers say bad breath causes them to sleep separately from their spouse.

While couples who have been together for a while can be forgiving and understanding, bad breath can still be difficult to ignore, especially in the bedroom. Halitosis is often the reason behind partner rejection and marital problems.

If bad breath is ruining intimate moments, be honest but be kind. Encourage your partner to brush their teeth, floss, and rinse with a mouthwash at least twice a day. This will prevent bacteria from settling in the mouth. If there is a new chronic bad breath issue, check in with the dentist, too.

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SCENE 2

Junos and record deals aren't going to change The Strumbellas

Hard workin' band. Fresh off a win for Roots and Traditional Album of the Year, the group makes its way to London

BACKSTAGE PASS
Mila Petkovic
london@metronews.ca

Down-to-earth, unpretentious and full of heart.

That's Simon Ward, singer-songwriter of the alt-country band The Strumbellas. The same sense of soulfulness pervades his music and makes ears swoon with the feeling of home.

The Toronto group's latest album, We Still Move on Dance Floors, just won the 2014 Juno Award for Roots and Traditional Album of the Year. Now on tour across Canada, the six-piece band is coming to the London Music Hall on April 15.

"It was the most embarrassing thing I've ever done in my life," says Ward of receiving a Juno.

"I may have cried. But no one saw except the people there, so it's just a myth," he laughs. "I have no idea what came over me. It just came out of nowhere. The only time I've ever cried was when I watched the movie White Fang."

One of the highlights of the evening was getting to meet other artists, says Ward.

"I get really shy around other musicians, especially ones that I respect. I met so many cool people like Matt Mays, July Talk, Blue Rodeo and The Sheepdogs, to name a few," he says.

After an EP and two albums (the second album, My Father and the Hunter, written about the death of Ward's father, was nominated for a Juno in 2013) and signing with Six Shooter Records, the band continues to earn positive recognition.

"We are proud and happy, but it's not gonna' change anything about how hard we work," says Ward.

Ryan Hadlock produced the award-winning album at the famous Bear Creek Studios, where artists like Foo Fighters, Soundgarden and Eric Clapton have recorded.

"We were on tour in Vancouver and just slid down to record. It all went really smoothly," says Ward, who enjoyed the studio's rural farmhouse atmosphere.

Although he is a city dweller, Ward often writes about his longing and appreciation for country life.

His DIY video for Underneath a Mountain depicts two young boys (his nephews) living life on their family farm. He calls it his statement video.

"I had just had a kid (now age three) and all these people were saying what to do and what crib to buy, and rules about parenting, so I wanted to make a video about farm kids breaking all those rules — picking up chickens and riding four-wheelers — and showing they are still really healthy," says Ward.

Juno-award winning band The Strumbellas are playing London Music Hall on April 15. In front is Simon Ward (singer/song writer). In back, from left, are Jeremy Drury (drums), Darryl James (bass), David Ritter (piano/vocals), Isabel Ritchie (violin) and Jon Hembrey (electric guitar). CONTRIBUTED

First song

Simon Ward was 10-years-old when he wrote his first song.

- It was for his dad's birthday and the lyrics were: "Happy birthday dad, I hope my haircuts haven't made you mad, I don't think you're old, except for that piece of mould under your beard."

Around town

- **Tunes.** Indie grunge bands Cousins (Halifax) and Weaves (Toronto) are playing Call the Office (216 York St.) on Friday. Doors open at 9 p.m. Cover is $7.
- **Art.** UPwithART 2014 is a silent auction fundraiser for relief of homelessness taking place 6:30 p.m. on Saturday at the Palace Theatre (710 Dundas St.). Tickets are $40.

Details

The Strumbellas take the stage at London Music Hall (185 Queens Ave.) on April 15 followed by Corb Lund

- Tickets are $25. Doors open at 7:30 p.m.

Mad Men tells no tales for last time

Hush-hush final season.
Show's creator muses on the strangeness of no more secrets

Chat with Matthew Weiner these days and you feel the added depth of his Mad Men immersion.

When its bifurcated final season begins Sunday at 10 p.m. EDT on AMC (with seven episodes, to be followed by seven more next year), the second of those final hours will be shooting, while the fifth of seven final scripts will be taking shape on the page.

And then?

The looming end has taken root in the Mad Men conversation among fans, even as they mark time waiting for the 14 new installments. Meanwhile, Weiner, as the auteur of this landmark drama series, voices both resolve and wonderment at his task of bringing Mad Men in for a landing.

His goal, he says, is not to wallop the audience with a grand parting shot, but something more gently profound: "To leave the characters in a place where they're going to be in viewers' imaginations forever."

Weiner has said many times he hit upon some semblance of that "fitting end" several years ago.

And yet: Pulling the plug on a TV series goes against every instinct of the person in charge, he says — the person whose primary duty is to keep the show alive and well, week after week.

Even for a series veteran like Weiner (who was a writer-producer of The Sopranos as well as the sitcom Becker), his mission to end Mad Men is "a totally antithetical thing, an exercise that is outside my realm of experience."

Last season's fade-out found Don Draper (series star Jon Hamm) who, at the series' start was fiercely guarded about his past, coming clean to his three kids: Don stood with them outside the former whorehouse where he, born Dick Whitman, was raised as an orphan.

Now, how does the new season pick up the action?

Creator Matthew Weiner talks with actress Jessica Pare on the set of Mad Men. JAMIE TRUEBLOOD/AMC/THE ASSOCIATED PRESS

Goal going into the final season

"To leave the characters in a place where they're going to be in viewers' imaginations forever."
Mad Men creator Matthew Weiner

As usual, Weiner made sure the preview he shared with TV critics was accompanied by a laundry list of details not to be divulged: Things like when it takes place and what's going on with Don's work and private life.

What, then, can be shared? That the episode, written by Weiner, is richly satisfying. That the cast remains terrific. That the series seems headed confidently down its home stretch. Pretty much the rest is meant to stay hush-hush.

But secrecy is not simply an obsession for Weiner. It's a marketing strategy that serves Mad Men well.

"This was a decision I made at the show's pilot stage," he says. He pointed to January Jones, who plays Don's ex and at the show's inception was still his wife. "She was not part of any of the press material for the first season, because I didn't want anyone who watched the pilot to know until its final moments that Don was married."

Weiner laughs, recalling the first table read for this obscure new series on an also-ran network as he demanded confidentiality from his cast.

"Everybody looked at me like we'd be *lucky* if spoilers were a problem for this show. "They were thinking, 'You *really* want us to keep things a secret?' THE ASSOCIATED PRESS

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See that symbol? It means you can scan this image with your Metro News app to see a video of the Trailer Park Boys telling you why you should watch their new film

Trailer Park Boys are still living the dream

Don't Legalize It.
Ricky, Julian and Bubbles are back and drunker than ever

LIZ BROWN
liz.brown@metronews.ca

As my photographer and I file into a suite at Toronto's Grand Hotel, we're hit with the stench of stale cigarettes and sweat-out liquor.

Bubbles horks a snot rocket before offering to shake hands with us. Ricky and Julian follow suit — sans loogie — and the trio settle into the overstuffed microsuede couch to talk about their upcoming movie, Don't Legalize It, the third feature film for the Trailer Park Boys.

Three movies and an enduring TV series (a new 10-episode season will debut on Netflix later this year) isn't too shabby an accomplishment for the trio from Dartmouth's Sunnyvale Trailer Park. But the boys don't let the success get to their heads. They're still living hard and while they were here for the Toronto premiere of Don't Legalize It, they made the most of their time in the big city.

"It's fantastic," Bubbles says when asked how he's liking Toronto.

"We like it," groans Julian behind a pair of dark aviators. "We were up late last night."

How late?

"Oh, about 7:30 a.m.," says Bubbles.

It's now noon and the sun is beating into the hotel room.

But Bubbles insists they were only drinking cherry colas. I should've been a better journalist and clarified — though I'm pretty sure he meant the type of colas made of spiced rum and amaretto.

Ricky has been silent so far, slouching on the far end of the couch, hiding behind a pair of sunglasses and looking slightly sweaty. But we want to hear from him — he's the real star of this film, after all, as he treks to Ottawa in a camper van to make an inspired speech about why it's a mistake to legalize dope.

He looks a little ashen but tries his best to articulate his arguments. "I think if they're going to legalize it, they should at least let the people who are growing and selling it like me keep doing their job," he says.

"There's enough unemployment. If they're going to legalize it, they should be doing it the right way; it shouldn't just be the government just taking all the money. Their dope is probably going to suck, you might not be able to get honey oil or hash any more, so I don't know if it's a good thing."

I think that's the best I'm going to get out of these still-drunk boys, so I wrap the interview.

But later that night, at the after-party, after the premiere of the film and a few downed cocktails, I see Ricky. I flip him the bird and tell him he has some off to f—k. "That was a terrible interview," I tell him. "Maybe the worst ever."

"What do you want from me? I was hungover as f—k?" he shoots back.

Fair enough.

As if to make amends, he invites me to do a shot. I oblige. Even after a decade, life is still good as a Trailer Park Boy.

Trailer Park Boys 3: Don't Legalize It, opens in theatres next Friday, April 18. LIZ BEDDALL/METRO

Quoted

"Their dope is probably going to suck, you might not be able to get honey oil or hash any more, so I don't know if it's a good thing."
Ricky on why we shouldn't legalize pot

Taking the helm of his acting career

Algonquin.
Toronto actor took some time away from the industry to reflect on his career choices

IN FOCUS
Richard Crouse
scene@metronews.ca

Actor Mark Rendall prepared for his new film by not preparing. At least not in the traditional sense.

He co-stars in Algonquin with Nicholas Campbell — who Rendall calls "a legend" — in a story about estranged fathers, newfound brothers and a young man who discovers what makes family truly important.

Rendall, who has been acting in films like Childstar and TV shows such as Hannibal since the age of 10, calls the new movie "the first dramatic lead I have done at a more mature point in my life."

More mature physically, but also in life experience.

"I took two years off from acting to go to school and find out what I really wanted," says the 25-year-old.

"I wanted to explore other things because I had been acting for so long. Algonquin is the first performance I did coming back onto it.

"I did so much in those two years that had I continued acting I wouldn't have experienced.

"I feel a good actor is someone who has lived and isn't pretending to emote or show an experience on screen, but is actually feeling it. Someone who has been there. I needed those experiences and time away to grow in ways that I feel acting would have sheltered me from."

He continued leading a creative life, just one away from the camera.

"When I wasn't acting, I was taking instrument building classes.

"That is a real passion of mine. I really respect Daniel Day Lewis for learning how to become a cobbler.

"I think that is beautiful, because one thing you miss when acting is working with your hands or doing really organic artistic endeavours that you're in control of.

"In the end, with instrument making I'm the one editing, directing, buying the material and producing the end result. It's an individual and personal process — more so than acting, I think.

"Acting is not a one-man operation. It's a team, it's like being part of a family for a while with lots of people working to make something. There is always a director and a writer and you're always kind of portraying someone else's dream, but to actually be in control of your own dream is amazing."

Mark Rendall, right, stars in Algonquin, which opens in Toronto on Friday. CONTRIBUTED

Quoted

"I feel a good actor is someone who has lived and isn't pretending to emote or show an experience on screen, but is actually feeling it"
Mark Rendall on the art of acting

Tina Fey and Amy Poehler. ALL PHOTOS: GETTY IMAGES

Wish granted: Tina & Amy to star in sister comedy

How is it that we can put a man on the moon, but Amy Poehler and Tina Fey have only starred in one film together? And that film was Baby Mama? (Mean Girls doesn't count. They had supporting roles in that.) Luckily, things are about to change. According to the Hollywood Reporter, the stars of 30 Rock and Parks and Recreation will co-star in The Nest, a dark period thriller. Just kidding, it's a comedy, obviously. The Nest is about adult sisters (they're playing sisters!) who find out that their parents are selling their childhood home, so they decide to throw one last big party there. In the process, they learn to mature. The Nest will be directed by Jay Roach, who also directed Pitch Perfect. It's written by Paula Pell, a former Saturday Night Live writer who also played Pete's wife on 30 Rock.

After 27 years, Tom Ford and his partner have fashionably late nuptials

Fashion icon Tom Ford is officially off the market, as he and his partner of 27 years, former Vogue Hommes International editor Richard Buckley, recently tied the knot in a very quiet ceremony, according to Vogue. Ford let the news slip casually while speaking at the Regent Street Apple Store opening in London earlier this week. "We are now married, which is nice," Ford said. "I know that was just made legal in the U.K., which is great. We were married in the States."

Tom Ford

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Gwynnie might need practice at conscious uncoupling

MELINDA TAUB
Metro World News in New York

Moses Martin, the son of Gwyneth Paltrow and Chris Martin, turned eight on Tuesday, and Gwyneth posted this sweet pic on Twitter for his birthday. Yeah, happy birthday, Moses — now run and play, because we need to talk to your mom about something.

Check out her hand in the photo. Despite her much publicized "conscious uncoupling" from Chris Martin, it appears that Gwyneth is still wearing her wedding ring. That's assuming this is a current photo, of course, which seems likely — Moses' "Aw, Mom" expression certainly looks like an eight-year-old boy to me.

So what do you think is the deal with the ring? I'd say maybe she's not ready to remove it, but I don't think Gwyneth Paltrow has ever shown that kind of emotional weakness in her life. And I say that with tremendous and earnest respect. She's an oil-pulling, hydrangea-stroking pillar of steel. No, the ring must be a deliberate step in her conscious uncoupling. Unless her conscious uncoupling has gone so well that she's already remarried to someone else.

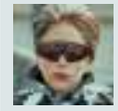
Kate Mulgrew

Big Red in a new film that makes some big claims

Say it ain't so, Captain Janeway. Kate Mulgrew, who currently stars as Big Red on Orange Is the New Black, is part of a new movie about geocentrism — the belief that the sun orbits the Earth. Mulgrew, who also spent seven years playing a starship captain on Star Trek: Voyager, narrates The Principle by ultra-conservative Robert Sungenis, who maintains the blog Galileo Was Wrong. So is Mulgrew a devotee of Sungenis' extremely bogus theory? Unclear. She does say that "everything we think we know about our universe is wrong" in the trailer, though apparently not everyone who was in that trailer chose to be there. On second thought, let's hope she really does buy into geocentrism, because that would probably break new ground in the realm of weird celebrity beliefs.

Twitter

@TheRock
Alright.. 3 hrs sleep, but kickin' jet lag's ass. Its time to work.. Good morning from lovely London.



@ladygaga
just basically ate all the birthday cake I was supposed to eat last week but had shows so I dieted it was so good. it was yummy yums

@WhitneyCummings
People: please make your emails funnier in general

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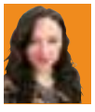
SHOPPERS DRUG MART

See that symbol? It means you can scan this image with your Metro News app.
Closet alert: Get clutter under control. East Coast celeb decor expert Jordan Hipson shows us how!

LIFE 3

Spring clean your style

Won't you let them live?! In the spirit of reducing, reusing and recycling, we look at three ways to deal with your done-for duds this spring without tossing them in the trash



ELIZABETH BEDDALL
elizabeth.beddall
@metronews.ca

Whether you've stuck to your New Year's resolutions or not, the sun is coming out and revealing that you are a different person than you were back when the halls were being decked.

Spring is almost here and it's time to reassess that wardrobe. But what do you do with those piles of threads that no longer thrill you? Let us give you a few fashionable tips for figuring that out.

Sell 'em

Sites such as Craigslist, Kijiji and eBay Canada have made it easy for regular folks to become retail mavericks. If you've got a few pieces that you picked out in a fit of passion, but never quite figured out how to flaunt, selling them to a more suitable style hunter might be the way to go.

But if you've never opened up shop on a web-based platform, it may be difficult to know how to get visitors to even give your garments a second look.

Perfectly distressed denim jeans, how I've loved you so, but it's time to let you go. ISTOCK

London-based luxury gown designer Farishta Zarify, who won the eBay Canada 2013 Entrepreneur of the Year award for her successful online store, says it's all about the visuals.

"It's online shopping, so you're taking away the experience of seeing the item in person," says Zarify, who recommends taking plenty of photographs of each garment in proper lighting and with a simple background.

"Also make sure to list all the defining characteristics like brand name, size and measurements so the customer knows exactly what they're going to get."

Donate 'em

There's arguably no better way to feel good about saying goodbye to your garments than by giving them away to a great cause.

There are plenty of organizations across Canada that will accept your gently used clothing, including The Salvation Army and Clothesline for the Canadian Diabetes Association.

And what if spring has brought with it a brand new job and you no longer need that blazer and those flashy flats?

Turn your charitable sights to Dress for Success, a worldwide organization with locations across Canada, which helps to promote the economic independence of disadvantaged women by providing them with professional attire received via drop-off donation.

"In the process of picking out an outfit and having a conversation with a volunteer stylist, our clients are transformed," says executive director of Dress for Success's Toronto chapter, Paige Souter.

"They start to believe that the next chapter in their lives will be better than the part that they're leaving."

And if you've had a pile accumulating in your closet for ages but lack the means to lug it to your local donation box, you can pay a quick visit to donationtown.org, an online directory of charities that offer donation pick-up service.

Rework 'em

Welcome to the generation of DIY, where every item can be manipulated into something even more magnificent. So don't give up on that garment – it's got life in it yet! To prove this to you, we asked Alana Kumar, the Victoria, B.C.-based creator of DIY blog dreamcreate.ca, to suggest four ways to breathe new life into your wardrobe:

- Use your scissors! Sometimes clothes have unnecessary ruffles, bows, etc. Say a prayer to the DIY gods and start having fun. Cutting ruffles can transform a girly top or dress into a much more classic silhouette, and give your piece a second chance.
- Turn a dress into a skirt. Take a maxi dress and simply tuck the top under. Now you have a new maxi skirt that you can pair with any top.
- For pieces with a few layers like a dress, try removing the top layer with a pair of scissors, sometimes the "shell" of the dress is more beautiful and simple than the original.
- For pieces with a few layers like a dress, try removing the top layer with a pair of scissors, sometimes the "shell" of the dress is more beautiful and simple than the original.

Canadian street style

Spotted in: Toronto

Name: Amanda Assing

Age: 32

Occupation: EA at Juniper Park and Open Studio contributor

What she's wearing:
"This black gem of a coat I found in this little vintage store in New York. I died. It's boiled wool and collarless. Reminded we of a collarless Chanel coat and I literally wear this everyday. These pants strangely are from the Gap — the loose fit is perfect for running around on the job. Club Monaco top is classic and translates in any country. Alpaca wool scarf is a find from Kensington market and it's ridiculously warm."

Her inspiration:
Mash-up of Emmanuelle Alt + loose patterns prints.

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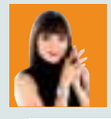

JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

Electric! From the get-go @Cher took the stage+ignited the crowd! Ageless+fearless , she's survival personified.

Colour splash clothing

Squint your eyes: This selection makes Crayola crayons look drab. Yes, this spring is the season to step out in a shamelessly bold and bright ensemble.

METRO WORLD NEWS

Uniqlo cashmere crewneck sweater, $90, uniqlo.com

Topman blue crewneck T-shirt, $10, topman.com

Band of Outsiders chinos, $250, mrporter.com

Zara bomber jacket, $99, zara.com

Nike Internationalist sneakers, $132, asos.com

Paul Smith credit card case, $225, paulsmith.co.uk

Remember when harem pants were trendy in the '80s? Well, it looks like they're back in style for spring. Go online to Trends Report to see which celebs have been spotted wearing them lately and let me know: Are you glad these baggy bottoms are making a comeback?

- **Online.** Follow Irene on Twitter at @MetroIreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Photo: Getty Images

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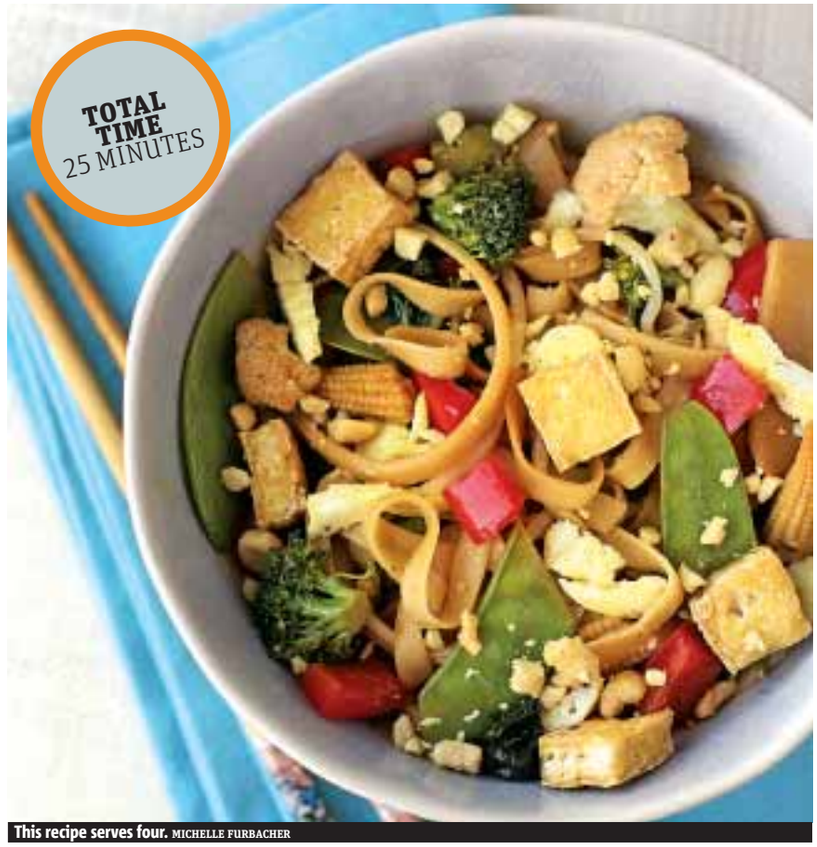

This recipe serves four. MICHELLE FURBACHER

Quintessential Thai flavours compliment veg

Vegetable Pad Thai.

Everyone's favourite street dish from Thailand goes vegetarian

"(Pad Thai) is a traditional national dish served all over Thailand. It's sweet and spicy with a hint of tartness thanks to the lime, and features a wide variety of vegetables," writes Linda Woolven in The All-New Vegetarian Passport.

1. Cook the noodles according to the package instructions.

2. In a large frying pan, heat the oil. Add the tofu and cook, stirring, for about 7 minutes, or until slightly browned. Add the egg (if using) and cook, stirring, for about 2 minutes. Add the bok choy, bell pepper, broccoli and cauliflower and cook, stirring, for 3 to 4 minutes. Add the mung bean sprouts, snow peas, baby corn, bamboo shoots, soy sauce, rice vinegar and chili flakes and cook, stirring, for 3 to 4 minutes. Add the noodles and peanuts and heat through. Serve with lime wedges to garnish.

RECIPES FROM THE ALL-NEW VEGETARIAN PASSPORT BY LINDA WOOLVEN (WHITECAP, 2013)

FLASH FOOD

From your fridge to your table in 30 minutes or less

Ingredients

- 6 oz (175 g) wide brown-rice Thai noodles
- 1 tbsp (15 ml) first cold pressed extra virgin olive oil
- 2 oz (60 g) extra-firm tofu, cubed
- 1 egg, beaten (optional; omit for diabetes, multiple sclerosis, rheumatoid arthritis and vegan diet)
- 2 baby bok choy, chopped
- 1 medium-size red bell pepper, diced (omit for rheumatoid arthritis)
- 1/2 cup (125 ml) broccoli florets
- 1/2 cup (125 ml) cauliflower florets
- 1 cup (250 ml) mung bean sprouts
- Handful each of snow peas, canned baby corn, drained and rinsed; canned bamboo shoots, drained and rinsed
- 3 tbsp (45 ml) soy sauce
- 1 tbsp (15 ml) rice vinegar
- 1/4 tsp (1 ml) chili flakes
- 1/4 cup (60 ml) crushed unsalted peanuts
- lime wedges

Go to Russia for traditional kasha

Ingredients

- 1/2 cup (375 ml) uncooked kasha (buckwheat)
- 1–2 tbsp (15–30 ml) dairy-free non-hydrogenated margarine, or first cold pressed extra virgin olive oil
- 2 large white onions, diced
- 4 cups (1 l) sliced button or fresh shiitake mushrooms (for use shiitake)
- 1 cup (250 ml) vegetable stock
- 1 tsp (5 ml) dried thyme
- sea salt and pepper (for use sodium substitute)

"(This is a) traditional Jewish dish from Russia that my mom loved," writes Linda Woolven in The All-New Vegetarian Passport. "The thyme is my addition — it's a good source of antioxidants — and buckwheat is a gluten-free grain, so it's great for celiacs."

1. Place the kasha in a pot with 3 cups (750 ml) water. Bring to a boil on high heat. Reduce the heat to medium-low and cook, covered, for about 15 minutes or until tender.

2. In a large frying pan, heat the margarine on medium heat and sauté the onions, stirring, for about 15 minutes. Add the mushrooms and sauté for about 7 minutes. Add the cooked kasha, stock, thyme, and sea salt and pepper to taste. Cook, stirring, for about 5 minutes.

This recipe serves four. MICHELLE FURBACHER

Cookbook of the Week

Around the world

Discover the best vegetarian delicacies from all over the world without leaving your kitchen.

In The All-New Vegetarian Passport, Linda Woolven exposes readers to international flavours that also help to create a healthy new relationship between your body and your plate.

The book boasts 350 of Woolven's favourite recipes and is split into sections that include North Africa and The Middle East, The Mediterranean, Europe, India, Asia, Latin America and The Caribbean, North America and more.

In addition to recipes, the book includes icons on each recipe to show readers which ones are best to make if they have cancer, celiac disease, diabetes, gout, heart disease, memory loss, multiple sclerosis, ostheoathritis or rheumatoid arthritis.

METRO

For your phone

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Kris Abel
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Understand the process

JENNIFER TAPLIN
For Metro

It's a good idea to carefully consider what you want in a house first before you start looking. STEPHEN COBURN/SHUTTERSTOCK

Buying a house can be an overwhelming financial decision.

First-time homebuyers tend to be highly educated and are quite thorough with their research by using online tools to find potential properties and calculate costs. But they aren't as confident when it comes to mortgages and the technical process of buying a house, said Terri Gibbons, with Canada Mortgage and Housing Corporation, who is based in North York, Ont.

"It is important for first-time homebuyers to determine how much they can afford before they begin the process, keeping in mind all of the upfront costs," Gibbons said. "It is recommended that first-time buyers seek out a mortgage professional and ask lots of questions and clarify their understanding along the way."

It's also a good idea to carefully consider what they want in a house first before they start looking, she added. Considerations include number of bedrooms, location, resale potential, and any renovation costs.

"It is costly to move, so these considerations are very important," Gibbons said.

When all the ducks are in a row and first-time house hunters find the right property at the right price, Winnipeg real estate lawyer Leandro Zylberman advises to take a breath before making an offer.

"When I get into the picture, it's usually after the offer has been signed and accepted," he said.

"Once I get that, it's too late to make any changes."

If there are components of the offer the buyers don't understand, they can make the offer subject to lawyer approval, Zylberman advised.

This part of the process is made easier with advice of a real estate agent, who doesn't charge commission for buying a house, only for selling, Zylberman said, which is a definite perk for first-timers.

And don't forget about the closing costs, which can be more than moving and lawyer fees. Many provinces have a land or deed transfer tax that catches many first-time homebuyers unaware.

Become interested in rates

Borrowing money to buy a home is likely going to be the biggest financial commitment you ever make. So it's important to do your research and understand what you're getting into.

Here's a quick guide.

Interest rates

Homebuyers have enjoyed low interest rates for a while now. "And I think they're going to hold for several more months," said Toronto mortgage broker David Smith. "By the fall, we're probably going to see 3.09 and 3.1 perhaps, and these are still extraordinary low rates and cheap money."

Down payment

Put down at least 20 per cent of the home price, advises Will Britton, a financial adviser in Kingston, Ont., and a member of Advocis, the Financial Advisors Association of Canada.

You will qualify for a conventional mortgage loan, which is equal to or less than 80 per cent of the lending value of the property. Otherwise, a high-ratio mortgage requires mortgage loan insurance from a provider such as Canada Mortgage and Housing Corporation, and that will cost more.

Pre-approval

It's important to be pre-approved for a mortgage by a bank. "Given how competitive the marketplace is, if your offer has a condition on financing, you won't win the property," Smith said.

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Condos. Settle into a different type of lifestyle

YLVA VAN BUUREN
For Metro

It's a great time to buy a condominium.

The market is more balanced compared to houses, says Toronto mortgage broker David Smith. And there are lots of long- and short-term benefits.

Here is a list to consider:

1 Affordability. While budget will dictate location, amenities and size, a condominium is usually more affordable than a house. "For many first-time buyers, it's the only way to enter the real estate market," Smith said.

2 Availability. There are lots of condos on the market, Smith said, and they are good value — an anticipated downward direction of prices hasn't occurred.

3 Ease of living. Christopher Dewdney, a Toronto financial adviser and member of Advocis, the Financial Advisors Association of Canada, says condo fees generally cover maintenance such as snow removal, lawn care, and even indoor plumbing in some cases. Many condominiums provide amenities such as a pool, fitness club, and outdoor barbecues.

4 Lifestyle. Some condominiums are "lifestyle communities" with regular events such as wine tasting and movie nights where owners can network and meet new friends.

5 Safety. Most condos have built-in security including security cameras and a concierge.

6 Good investment. "Historically, you see an appreciation in the value of real estate," Dewdney said. That's great compared to renting where you end up with no equity or ownership. A condominium could become a rental property in the future for you, too.

7 Net worth. You are building your net worth. Through the property, you are building equity, Dewdney said. "If there's a financial opportunity or emergency, you could always secure a line of credit against that equity in the property."

8 Stepping Stone. A condominium will be worth more in the future — if you sell it, you can use the surplus towards a new property or investment.

Be prepared and know what you can afford for a down payment for a new home, and what your price range and budget are before you get started.
MONKEY BUSINESS IMAGES/SHUTTERSTOCK

An investment that's worth the challenge

KRISTA SYLVESTER
For Metro

Buying your first home can be a daunting task but it's an investment that is worth the challenge, especially if you know the tricks of the trade.

Calgary realtor Bill Leesman is experienced in helping first-time homebuyers find their ideal first home and his biggest advice would be to do their research first.

"You have to be prepared and know what you can afford for a down payment, and what your price range and budget are before you get started," he said.

"First-time homebuyers should be prepared to keep their first home for at least four or five years in order to get enough equity to be able to upgrade to a new home later on. Buying your first home for just a year or two doesn't make much sense."

That's why Leesman recommends buying the right size of home — if you are going to have a growing family, make sure you have enough room in the house down the road.

And while nice appliances and several bedrooms are always nice to have, they don't factor in to the overall cost as much as some people might believe, Leesman said. Leesman cautions homebuyers to make sure the appliances are in working order or they might have to buy new ones after they move in.

However, developed basements and garages certainly drive the cost up.

"People are actually better off buying homes with undeveloped basements and without garages and then finishing them later themselves. People can generally build their own garage or develop the basement after the fact for less than what it would cost added on to the house price."

Another big factor that can drive up the cost of a home is location. "Busier streets tend to cost less than quieter streets or houses in cul-de-sacs," Leesman said.

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Spruce up your favourite outdoor room now, then relax in it all summer long. CONTRIBUTED

All hands on deck

Get on board. Paul Lafrance has timely tips to get outdoor space shipshape for summer

The days are finally getting warmer and it's almost time to enjoy our backyards again. But after a long, rough winter what used to be an outdoor oasis may be in shambles. Luckily, deck guru Paul Lafrance has some tips and tricks for easy weekend makeovers that will keep your outdoor space beautiful, inviting, and stress-free for the summer ahead.

Stain the deck
Guaranteed this winter had snow and ice accumulating on your deck. If you don't have composite decking, you need to avoid those water stains on the wood by sanding and staining it. Do this as soon as the weather hits 10 degrees so that you are doing the work when it's still a bit chilly outside instead of on a beautiful day when you'd rather be on the deck relaxing.

Consider composite
If the structure of your deck is sound and the framework is lasting, then the best possible thing you can do for your sanity and the resale value of your home is to replace the deck boards with composite decking. This is easily a weekend project and will save you hours of maintenance in the future when you simply need to wash it clean instead of staining it.

Updating rails using a material besides wood can add impact. CONTRIBUTED

Rethink your railings
To add more of a design flair to your deck, consider other options outside of the traditional wooden railings. Change them to glass for an upgraded view, or choose colours like black, white, or bronze to better suit your taste. You can even add railings with mirrors for a more interesting look.

Light it up
I cannot stress enough how important lighting is to design, and how much it can transform an outdoor space. You don't need to be an electrician to incorporate LED lights with your deck, or to add lights that will help you see better and boost the ambience at night.

Invest in furnishings
Deck furniture has been completely revolutionized from the past — there are outdoor furnishings now that are being mistaken for living room furniture. You can make over your whole space with some chairs and tables, or even create the effect of a room by adding an umbrella to a dining or living space outdoors.

Add privacy screens
Privacy screens are a great way to not only add privacy to your backyard space, but to also create a focal point and a creative "wow" for guests. Instead of simply copying the fencing that you have and making a screen out of it, consider incorporating something more decorative that suits your design tastes. You can choose anything from faux stone to something with a hanging water feature. If you can see it from inside it makes the outdoor space even more inviting.

Decked Out

Watch Paul Lafrance in all-new seasons of Decked Out and Disaster Decks, Tuesdays beginning at 9 p.m. ET/PT on HGTV Canada.

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OHL draft enough to make a grown man cry

Knights' first impression. Emotion takes over drafted teens and parents alike

DAVE LANGFORD
dave.langford@metronews.ca

London Knights' draft choices, from left, Ben Gleason, Drake Rymsha, Max Jones and Emanuel Vella, enjoy the buzz around OHL playoff hockey at Budweiser Gardens. ANGELA MULLINS/METRO

Max Jones has never seen nor heard of his father crying. That was until Saturday.

"Believe it or not — he's probably not going to be happy I am saying this — but he was crying on the phone to me," Jones said.

"It was probably the best feeling just knowing that my dad was crying to me. It just felt good. Like I was doing something."

All this came about after Jones, 16, was selected by the London Knights in the first round (18th overall) of the Ontario Hockey League draft.

Jones, from Rochester, Mich., was in London this week to take a first-hand look at the Knights' organization, Budweiser Gardens and the highlight: an Ontario Hockey League playoff game with a mere 8,940 of his closest friends on hand to share the experience.

The winger was joined by Detroit Honeybaked teammate Ben Gleason, a defenceman taken in the second round; Emmanuel Vella of Toronto, a goalie selected in the third round, and Drake Rymsha, a centre chosen in the fifth round, also from Toronto.

Vella and Rymshaw are both products of the Toronto Junior Canadiens organization.

Meanwhile, Jones comes by his hockey ability naturally after his father, Brad Jones, who played 148 games in the NHL with Winnipeg, Los Angeles and Philadelphia.

Knights' general manager Mark Hunter said he saw Jones play about 10 times before drafting him in the first round.

"Big, strong, powerful forward. He's a very, very good player," Hunter said.

"He gets it. You would like his work ethic. He never stops working."

The next step is getting Jones and his family to agree to come to London to play. This season, he is committed to playing for the U.S. national team development program in Ann Arbor, Mich.

"My brother plays for Plymouth, so he always sent me videos of the (Budweiser Gardens) rink and stuff. I've got to go. I've got to see it. So here I am, and it's absolutely unbelievable," Jones said.

Nurturing talent

The Knights' way

Convincing young players to move to London to play hockey is a fine balance, says Knights' general manager Mark Hunter.

"I let people make their own decisions, and every time I think you're too pushy, bad things happen," Hunter said.

"I just go through their protocol and we believe in our program, our brand and what we have done over the years and let that make the statement."

Jones and the other drafted players were sure impressed with everything they witnessed.

Domi playing with injury

Two of the London Knights' marquee players have been in the news during the Ontario Hockey League conference semifinal series against Guelph Storm. And for entirely different reasons.

Winger Max Domi injured his shoulder late in the second game on Sunday in Guelph.

He was a game-time decision before Tuesday's 4-2 loss at Budweiser Gardens but did play and put in a solid effort. He will play Thursday in Game 4, also in London.

"It's a day-to-day thing, and it's the playoffs," Knights assistant coach Dylan Hunter said Wednesday.

Centre BO Horvat on his turn has been mentioned in the national media several times in the past two days after the Canucks fired GM Mike Gillis.

NHL draft

12th

Domi was drafted 12th overall by Phoenix

On NHL draft day, the Canucks, in a controversial move, traded goalie Cory Schneider to the New Jersey Devils for the rights to select Horvat in the ninth spot.

Hunter says his player's focused on tomorrow's game, "But you always keep an eye on your NHL team and see what's going on." DAVE LANGFORD/METRO

Max Domi METRO FILE

4 SPORTS

The Canucks fired GM Mike Gillis on Tuesday, but there were plenty other disappointing NHL campaigns around hockey this season. Scan this image to vote on who should be the next NHL executive to hit the road.

Brendan Shanahan, pictured, is reportedly being pursued for a top hockey job with the Maple Leafs by MLSE president and CEO Tim Leiweke.
BRUCE BENNETT/GETTY IMAGES

Shanny's law might work well in Leafland

THE HOCKEY NEWS
Adam Proteau
toronto@metronews.ca

As the Maple Leafs' season fully craters in the immediate weeks to come, there will be (and indeed, already are) calls for change in the organization. Few can see any scenario in which head coach Randy Carlyle retains his job for next season; fair or not, you don't spectacularly melt down twice in two years — in two different manners: One, quick and painful as they did in Boston, the other the long, slow torture of this season's crash-and-burn — without someone paying the price. And until Tim Leiweke says otherwise, that's not likely to be GM Dave Nonis.

However, rumours arose Wednesday that Leiweke has another name in mind to add to the Leafs' front office: Hall of famer and NHL director of player safety Brendan Shanahan. And while the former Red Wings legend doesn't have any experience as a member of an NHL management team, he would instantly improve Toronto's standing in league circles and make them a more attractive destination for free agents.

This isn't to say the 45-year-old has a magic touch and would be a cure-all for what ails the franchise. But ever since he retired in 2009, the Toronto native has been one of the most active members of the hockey community. In his role as NHL disciplinarian, he regularly works with NHL GMs, understands the way the game is policed as well as anyone and has been instrumental in modernizing the way suspension decisions are explained. You may disagree with his decisions, but you can't question his work ethic and connections.

If Shanahan is brought on board, there are people who will make the argument he's learning on the job in arguably the NHL's most difficult market. That's fair comment, but there was another man who had no experience coaching, playing or managing at the NHL level when he began his GM career in 1987. You may have heard of him. His name is Lou Lamoriello, currently the GM of the New Jersey Devils, two-time Stanley Cup-winner and one of the greatest managers the league has ever seen.

As much as people want it to be true, there's no GM — currently employed by an NHL team or otherwise — whose hiring in Toronto will guarantee a cup win. But if they hire Shanahan, they'll be getting someone who is his own man, and someone who builds consensus yet who ultimately has shown the buck stops with him.

He never played for the Leafs, but that doesn't mean Shanahan wouldn't be a great hire. I'd bet on him before I'd bet against him.

Playoff flameouts

Oh, Canadiens!

The Toronto Maple Leafs' playoff hopes ended on Tuesday with a 3-0 loss in Tampa Bay, leaving the Montreal Canadiens as the lone Canadian team left fighting for a Stanley Cup.

According to hockey-reference.com, the last time there was just one post-season participant from north of the border was in 1973 when, yes, the Habs topped the Chicago Blackhawks in the Stanley Cup final. METRO

The Canadiens will be Canada's only hope when the playoffs begin. GETTY IMAGES

Horoscopes

♈ Aries
March 21 - April 20
The Sun in your birth sign does wonders for your confidence but there will still be times when self-belief deserts you. Keep telling yourself there is no good reason you should fear the worst, now or ever.

♉ Taurus
April 21 - May 21
This may not be an easy time of year for you but you can sense that the day will soon be here when your luck turns. Maybe that day will come sooner if you act as if nothing could possibly go wrong.

♊ Gemini
May 22 - June 21
Tone down your comments because the planets warn if you say something others consider over the top it will rebound on you in ways you had not expected.

♋ Cancer
June 22 - July 23
Think twice before volunteering to help the less fortunate through a task you know little about. Others may be wowed by your enthusiasm but they won't be so impressed if you make a mess of the job.

♌ Leo
July 24 - Aug. 23
Don't expose yourself to any kind of situation where you do not have full control over what happens. Not even your confidence will protect you from people who do not share your sense of fair play.

♍ Virgo
Aug. 24 - Sept. 23
You seem to have a phobia about something that at other times would not worry you. It may continue for a few days but come the start of next week you'll be all smiles again.

♎ Libra
Sept. 24 - Oct. 23
Make sure you know what you are talking about today, especially if you are dealing with people who are experts. If you make claims that cannot be backed up with facts, they will make you look silly.

♏ Scorpio
Oct. 24 - Nov. 22
For some reason you seem to believe you don't have the talent to be a success. That isn't true. Get your head straight and get on with making your mark on the world.

♐ Sagittarius
Nov. 23 - Dec. 21
You have a tendency to say things you don't believe because you enjoy seeing the looks of shock on people's faces. It may be a lot of fun, but it could backfire today.

♑ Capricorn
Dec. 22 - Jan. 20
You can be sarcastic and the planets warn that your caustic way with words could have long-term consequences that damage others and you.

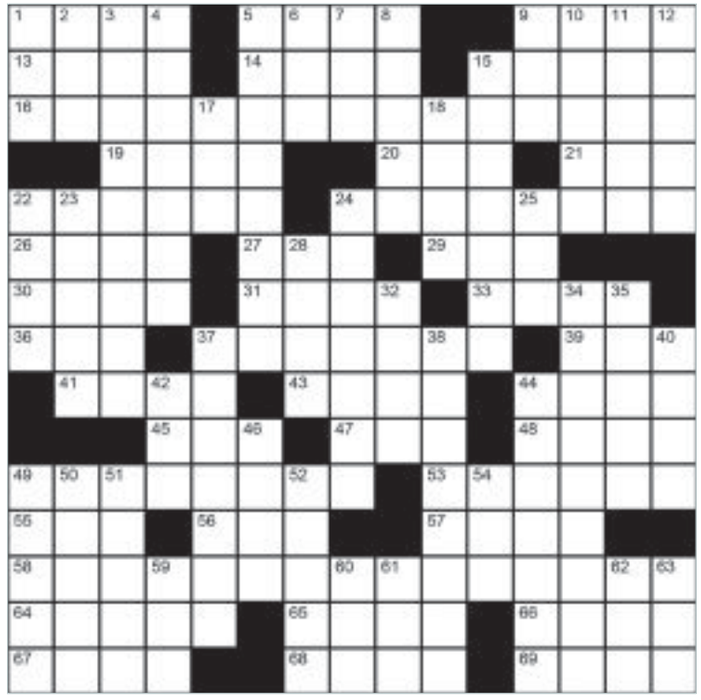
♒ Aquarius
Jan. 21 - Feb. 19
You may not get much in the way of thanks for a good deed today but that's OK. The world would be a sad place indeed if we only ever did favours for others because we expected to get something back in return.

♓ Pisces
Feb. 20 - March 20
Try not to get angry or frustrated if a goal you are aiming to reach seems to be further away than ever. Just as there is a reason for everything that happens in life so too is there a reason for everything that does not happen. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

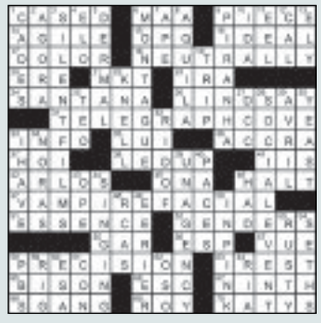
BY KELLY ANN BUCHANAN



Across
1. Niagara Falls' Maid of the __
5. Angry arfer's admonition
9. Dull
13. Wine: __ Spumante
14. Donnie Iris song: "Ah! __!"
15. Accustom
16. Toronto: The __ __ __ Theatre (Opened in 1993, it was named after a member of The Royal Family)
19. Reclined
20. Couplet
21. Antacid brand
22. House kind
24. Herb that sounds like a toast spread
26. Interest __
27. __ __ roll
29. Nero's 54
30. __-bitty
31. Newfoundland's nickname, The __
33. Broom closet items
36. "O Sole __"
37. "The Real Housewives of Beverly Hills" cast member who is Canadian producer David Foster's wife
39. Cdn. capital
41. Norway's capital
43. Rhyme scheme
44. Indebted person
45. Retro albums, e.g.
47. Spinning stat.
48. Reality's Ms. Leakes
49. Peter of HBO's "Game of Thrones"
53. About [abbr.]
55. A bus driver follows one, for short
56. Cobbler's tool
57. Switchblade
58. "Chasing the Sunset" band from Winnipeg: 2 wds.
64. Hotel employee
65. God: French
66. Mackerel sort
67. Their __ Were Watching God (1937 novel by #51-Down)
68. Chick containers
69. Trans-Canada, et al.

Down
1. Location locator
2. Medit. locale
3. Spikes
4. Sarah Palin impersonator: 2 wds.
5. Manitoba village, home of tourist attraction Sara the Camel
6. __ judicata (Settled court matter)
7. __ al-Khaimah, Middle East emirate
8. Valerie Harper title role
9. Genetic info carrier
10. Geometry set item
11. Field
12. Broom-of-twigs
15. "Letters from __ __" (2006) directed by Clint Eastwood
17. Spy org.
18. Roll up a flag
22. Ladylike
23. 3.14, for example
24. Ghastly
25. Lacto-__ vegetarian
28. 'The Big Easy'
32. Start to 'sack' (Hiker's bag)
34. __-Pine Falls, Manitoba
35. Office item, __ pad
37. Brand of yogurt
38. Syria's capital
40. Famed dino
42. Currency in Albania
44. Singing the right note in music: 2 wds.
46. Cut
49. Ambition
50. "Be that as __ __..."
51. Author, Zora __ Hurston
52. Wooded spot's open space
54. Greek letter
59. Some stoves
60. Fix
61 Edmonton International Airport code
62 'Trick' suffix
63. Boat's distress

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

					9	7		
			2	4		3		
3	4	9				1		
5			1		8		9	
	9						3	
	7		9		5			4
		2				6	7	3
		3		6	2			
		8	5					

Yesterday's Sudoku

1	2	5	7	3	6	8	4	9
3	9	7	1	8	4	6	2	5
8	6	4	2	9	5	7	3	1
4	7	3	6	1	8	5	9	2
5	8	9	3	4	2	1	7	6
6	1	2	5	7	9	3	8	4
2	3	1	4	6	7	9	5	8
9	4	6	8	5	3	2	1	7
7	5	8	9	2	1	4	6	3

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